

*use and care of your new*

# NORGE

## REFRIGERATOR



a place for everything on  
your weekly shopping list



Dear Norge Owner,

Now that you have a new NORGE refrigerator, you will find that family meal planning becomes a new adventure.

Your new refrigerator provides a safe and convenient space for keeping all of your perishable foods at the maximum prime freshness.

In the following pages you will find features of the various basic models as well as general information on the proper storage of food in your refrigerator. You will also find simple directions on care and cleaning and a complete freezing guide.

For best results and most efficient use, please read carefully the information which applies to the model you have chosen.

If you have any questions on the use of your NORGE refrigerator or if you wish information on the other NORGE home appliances, please write us at any time.

Cordially,

*N. R. Cunningham,*

Managing Director,  
NORGE (N.Z.) LTD.

*Norge appliances are manufactured in New Zealand to the designs of the Norge Division of Borg Warner Corporation, Chicago, Ill., U.S.A., and under license to Borg Warner International Corporation, Chicago.*





# At Your Service

Your new refrigerator offers to reduce your kitchen hours and to economise on your food budget. It provides exactly right conditions for keeping foods at their best, and saving extra tedious trips to the shops.

## FOR TIME SAVING :

- ★ Shop once or twice a week—instead of every day. In this refrigerator, foods will stay fresh and at their prime for long periods.
- ★ Prepare foods in advance—to give you leisure at meal time.
- ★ Make up quantities of some foods—to use another day. Roll and biscuit dough, sauces, desserts and the like not only keep well, but are better when prepared and thoroughly chilled.

## FOR ECONOMY :

- ★ Rely on your dependable refrigerator to protect food from spoiling. Leftovers can be held several days and used after the memory of the first appearance has dimmed.
- ★ Buy food at economy prices—it will keep until wanted in the refrigerator.
- ★ Save by buying food in larger quantity—the extra supply will be preserved in the below-fifty-degree temperature of your refrigerator.

## FOR ENJOYMENT

- ★ Make new chilled and frozen delicacies—they will delight your family.
- ★ Serve cold foods really cold—on well-chilled plates and dishes.
- ★ Use the plentiful supply of ice cubes to chill foods or cool drinks.



You have purchased the Model that best suits your needs . . . with the specific features you wanted. Therefore, as you read this booklet it will be to your advantage to pay particular attention to the features found in the Model you own.

De-Luxe Refrigerator	....	....	....	page 5 to 7
De-Luxe Automatic Defrosting	....	....	....	
Refrigerator-Freezer Combination	....	....	....	page 8 to 23

Applicable to all Models :

General Information	....	....	....	page 1 to 4
Recipes	....	....	....	page 24 to 32



# General Information

**Normally your dealer will take care of all placing, levelling and starting of your Refrigerator. The following instructions are given so that you will understand the necessary care and thought to be given to proper location and installation.**

## **INSTALLATION :**

1. Be sure the electric current specified on the motor name plate is the kind available in your home.
2. Be sure that the plug-in cord is free from entanglement.
3. Use of extension cords is NOT recommended. (If extension cord is necessary, consult your dealer.
4. The motor is protected by an automatic protective device which stops the motor in case of an overload and starts it again when condition of overload is corrected. This may take a few minutes. If this happens too often, your dealer should be consulted.

**Important :** This refrigerator must NOT be connected to DIRECT CURRENT supply (D.C.) or to any type of A.C. current other than specified—namely, 230-240 volts, 50 cycles.

## **LOCATION :**

Choose a convenient location so that you can save time and energy in food preparation. It is usually best to place the refrigerator at one side of the sink; a working surface between sink and refrigerator is very desirable. The range is best located at the other side of the sink. Be sure sufficient space is allowed on the hinge side for the door to be opened fully.

Your refrigerator should be spaced away from the wall for good circulation. Spacers at the back of the cabinet assure this adequate space. It is also wise to have at least a few inches of space above the refrigerator. Papers or other articles must not be placed in back of cabinet because obstruction of air circulation can result in very unsatisfactory operation.

In order that the door opens and closes properly, it is essential that the refrigerator be properly levelled. Refrigerator is provided with levelling feet, one on each front corner of base. To check whether your refrigerator is level, adjust feet until the refrigerator door will stay open at any position.

## **CLEANING BEFORE USE :**

Before using your refrigerator you will want to wash it inside and out. To clean the interior use lukewarm water and baking



soda. You should also wash out ice cube trays, crispers, etc. Rinse all parts in clear water and dry. To clean the exterior use lukewarm water and baking soda, or car polish.

### **STARTING OPERATION :**

To start your refrigerator merely plug in the electric cord to a convenient wall outlet.

When the refrigerator is installed the cold control dial should be set at "Normal". In most instances this will be satisfactory, but if preferred, colder settings may be used.

It is wise to allow your refrigerator to operate and cool until the unit shuts off, before storing foods and filling ice cube trays.

### **DISCONTINUING USE OF THE REFRIGERATOR :**

Your refrigerator may be turned off by rotating the cold control to the "off" position. If it is to remain off for any length of time, the ice cube trays should be removed, emptied and dried, all food should be removed from the cabinet, and doors left slightly open. **The plug-in cord should be removed from the wall outlet** as the interior light will remain on when the door is open, even through the cold control is at the "off" position.

The refrigerator may be stored in a cold location without damage if it is not exposed to the weather.

### **SO EASY TO CLEAN :**

The condenser should be inspected occasionally and kept free of lint, dirt and other forms of obstruction.

The condenser is mounted on the back of the cabinet. In most instances you will be able to inspect and clean the condenser without moving the refrigerator.

### **CLEANING THE REFRIGERATOR :**

To clean the interior or exterior of the refrigerator, use baking soda and lukewarm water. If your refrigerator has automatic defrosting, it is good practice to pour a small quantity of warm water through the drain under the Food Freshener Plate, each time you clean the interior. Do not use strong soaps, scouring powders, strong alkali solutions or solvents.

### **Do not use Gasoline, Naphtha or Other Hydrocarbon Compounds for Cleaning Refrigerator.**

To clean shelves, wash occasionally with soap and warm water. Scouring powders or metal sponges should not be used. To clean ice cube trays and tray grids, use baking soda and lukewarm water.

Liquids accidentally spilled on or in the cabinet should be removed immediately to prevent possible discoloration of the finish.



# **Convenience Features of Your New Refrigerator**

## **Frozen Storage**

With the increasing popularity of frozen foods, adequate below-freezing storage space is important. Many packages may be stored in the sub-freezing cold of the evaporator (freezer). Taste-tempting desserts, too, can be frozen and stored until ready for serving.

## **Evaporator (Freezer)**

The Evaporator is designed to provide low temperatures in the cabinet and speedy freezing of ice and frozen desserts. Ice cubes can be frozen speedily, but for fastest freezing, turn the Control to the coldest setting. Waxed paper, laid under metal trays prevents them freezing to the evaporator and facilitates removal.

## **Vegetable Storage (under glass shelf)**

Within this compartment a high humidity of about 90% is maintained at a temperature of about 45 deg. F.—a combination which preserves the natural moisture and flavour of vegetables and fruits and keep them garden-crisp. Fresh vegetables and juicy fruits should be stored in this compartment.

## **Generous Bottle Storage**

Space is provided beside the evaporator for the storage of several quart milk bottles and other tall containers. Milk and cream should be kept cold, and this space, right next to the evaporator will keep milk fresh for several days.

## **Adjustable Shelves**

The sturdy, adjustable full-width gliding shelves help provide flexibility of storage space.

## **Automatic Interior Light**

Open the door of your refrigerator, and the interior is automatically flooded with light. No groping in the dark . . . no spilled dishes . . . you can find what you want in a hurry.

## **Cold Storage Tray**

This consists of the defrosting tray or meat storage pan that fits in the top shelf of the refrigerator directly under the evaporator. Used for collecting defrost water or for storage of meats and fish.

## **Motor Protection**

A protective device will shut the unit off automatically if abnormal power conditions occur. If the condition persists, the protective device will continue to trip and reset itself until the control is manually returned to the "OFF" position. This should be done, and a serviceman called, if this cycling is repeated four or five times.



# *Special Instructions for De Luxe Model Refrigerator Models*

## **HOW AND WHERE TO KEEP FOODS**

### **Milk and Tall Bottles**

Store on shelf at left side of the evaporator. Put milk in your refrigerator as soon after delivery as possible. Cap bottles.

### **Frozen Foods**

Store frozen foods in the evaporator in their original packages. Make and store ice-cream and frozen desserts in the evaporator.

### **Meats and Poultry (remove wrappings as soon as possible)**

Meats and poultry to be kept for short periods preferably stored on shelves near evaporator in a manner allowing free air circulation. Poultry should be thoroughly cleaned and dressed before storage. Fresh fish should always be kept in a covered container, separate from other foods.

### **Regular Foods**

Butter, left-overs and other foods subject to drying out, should be stored in covered containers on any convenient shelf. Cheese should be wrapped in waxed paper for short-time storage, or in moisture-vapour-proof material for longer storage. Eggs should only be washed when essential before placing in refrigerator, as washing removes their protective coating.

### **Leafy Vegetables**

Trim, discard undesirable portions, wash thoroughly with cold water, drain and store in Crispabin. Lettuce, celery and similar vegetables keep better if stalks and heads are not cut up or portioned. Carrots, radishes, beets, etc., should be trimmed, washed, drained and placed in Crispabin. Tomatoes, peppers and cucumbers should be washed and wiped dry before placing in Crispabin.

### **Fruits**

Oranges, apples, lemons, grapefruit, grapes, etc., but not bananas, may be stored in the Crispabin—or on the shelves of the refrigerator when Crispabin is needed for salad greens and other more perishable foods.



## Eggs

Place in open bowl and store on any convenient shelf in the centre part of the refrigerator or use egg-nest in "Handidoor".

## Butter and Cheese

Keep in covered containers or original protective wrappings. Wrap cheese in waxed paper. Store on any convenient shelf in the fresh food compartment, or in the dairy compartment in the door.

## Cooked Foods and Left-Overs

Place in covered containers or wrap with waxed or parchment paper and keep on any convenient shelf in the cabinet.

## Important

**For best refrigeration, allow for air circulation—avoid overcrowding.**

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# Temperature Control

The thermostat knob, at the top of the cabinet, enables you to set the temperature of the cabinet to whatever you require. The knob has four markings—"off", "normal", "warmer", and "colder". The further the knob is moved away from "normal" on the "warmer" side, the **higher** the cabinet temperature will become, and the further it is moved away from "normal", on the "colder" side, the **lower** the cabinet temperature will become. Usually the "normal" position is correct, for ordinary use. If, however, you find that foods are becoming frozen, move the control towards "warmer" till the desired result is obtained. If hard freezing is required, as for ice cream, move the control to "colder". The control should not be left in this position after the ice cream has frozen, or otherwise everything in the cabinet will be frozen. The temperature of the cabinet should be 40 deg. to 45 deg. F., **not** below freezing point.

The control need not necessarily be set to any of the marked positions. It may be set to any intermediate position. The rule is to set it to whatever position gives the results you require.



# Cleaning and Defrosting

## Care

During the operation of all electric refrigerators other than automatic defrosting models, a coating of frost accumulates on the freezing unit. If this coating becomes too thick, it slows freezing time and increases operating cost. The frost acts as an insulating blanket. When the frost becomes approximately  $\frac{1}{4}$  to  $\frac{3}{8}$  in. thick (or the thickness of a pencil), it is time to defrost. Frequency of defrosting depends on how a refrigerator is used and on the weather conditions.

For normal defrosting, simply turn the control knob to the Defrost position or switch off unit. Remove ice cube trays and transfer any food from the frozen food area to the general storage area. Keep the refrigerator closed during defrosting, so foods will be kept cold, and allow several hours or overnight for frost to melt and be collected in the defrosting tray. After the frost has melted, wash the evaporator inside and out with a solution of baking soda and warm water (one teaspoon of soda to one quart of water), rinse with clear water and wipe dry. Empty, wash and replace the defrosting tray. Replace frozen foods, wash and refill the ice cube trays with fresh water to within  $\frac{1}{4}$  of an inch of the top and replace in the evaporator, then turn the control back to normal. The cabinet temperature will remain below 50 deg., and your food will be kept safely during this defrosting.

When frozen foods are being stored, a quicker method of defrosting is desirable. With this method, the control is turned to "OFF"; the ice cube trays are filled with hot water and placed in the evaporator. The hot water will melt the frost in 15 or 20 minutes. After the ice has melted, wash the evaporator as instructed above. Then, wash and fill the ice cube trays with fresh water and replace, and turn the control back to normal.

**Door Gasket :** When you clean your refrigerator, wash the gasket with clear water, and then dry it thoroughly.

**Shelves :** The shelves and ice cube trays should be washed with soapy water and well rinsed and dried.



## *Special Features . . .*

# **DE LUXE AUTOMATIC DEFROSTING REFRIGERATOR - FREEZER COMBINATION . . .**

### **FREEZER CHEST**

In all refrigerator-freezer models you have large freezers for frozen foods. These freezer chests are insulated and completely sealed off from the "Moist-Cold" food storage compartment. They are so designed that they can be used either for storing commercially frozen foods or for quick freezing of home prepared foods.

The freezer chest will automatically maintain a safe storage temperature for frozen foods, regardless of the selected temperature setting of your cold control.

**Important :** Certain brands of commercial ice cream are made to be held at very low temperatures, some 15 degrees below zero. These naturally will soften up somewhat in a normal home freezer, but this does not indicate that there is anything wrong with your freezer.

### **WHAT IS AUTOMATIC DEFROSTING ?**

The refrigerator compartment of your refrigerator-freezer requires no defrosting. It is entirely automatic. The food freshener plate which maintains the correct temperature within the "moist-cold" storage compartment defrosts automatically and completely between each running cycle. The moisture and frost that collects on the plate during the running cycle drips into the moisture collector underneath the freshener plate and drains into the evaporating pan which is located in the motor compressor compartment over a portion of the condenser. This pan is heated by the hot refrigerant gases that pass through the condenser; therefore, complete and rapid evaporation is assured, regardless of temperature and relative humidity.

### **ICE TRAYS :**

Fill the trays with water to within  $\frac{1}{4}$  in. of the top. Place trays in their section on top of main freezer compartment. When making Ice Cream, use the aluminium tray by removing plastic cups or dividers.

### **TEMPERATURE CONTROL DIAL :**

The refrigerator-freezer models have only one control dial, which governs the temperature of the "moist-cold" food storage compartment. The freezer chest is automatically held at freezing temperature. The control dial has three markings: "Normal",



"Winter" and "Summer". In ordinary conditions, the "Normal" position will probably be approximately correct. In hot summer weather, however, the control may be better towards the "Summer" position, and in cold winter weather, or when leaving on vacation, turn towards the "Winter" setting.

However, here again the same rule applies . . . turn the control to whatever position gives the results you require.

### **MOIST-COLD FOOD COMPARTMENT :**

This is your roomy, convenient food storage area. It maintains a desirable relative humidity considerably higher than the ordinary refrigerator. During extremely humid weather, moisture may collect on cold surfaces of interior, just as it accumulates on a glass containing an iced drink on a hot summer day. This is a normal condition and is more prevalent when the door is opened frequently or for long periods of time, or under conditions of extremely heavy usage.

Bottles, containers or packages should not be placed against the food freshener plate as this will result in defrost water running down the shelves into the food compartment.

### **CLEANING THE FOOD COMPARTMENT**

Even though you do not have to defrost your refrigerator-freezer, in order to keep the "moist-cold" food storage compartment clean, it is a good practice to remove all of the food about once a month and clean the interior of the compartment. Use a solution of baking soda and lukewarm water. The shelves, egg nest, etc., should be washed. Scouring powders and metal sponges should not be used.

At the same time that you are cleaning the interior of your refrigerator food compartment, the food freshener plate should be cleaned. To do this :—

With a weak solution of baking soda and lukewarm water, wipe the surface of the food freshener plate.

If it ever becomes necessary to clean the evaporating pan underneath the refrigerator, disconnect the power plug, turn refrigerator round so as to expose the back, and using a damp cloth clean out pan by reaching in on either side of the unit dome.

### **DOOR LATCH WITH CONVENIENT ACTION :**

For convenience in using the refrigerator when hands are loaded with food for the refrigerator, just touch latch lightly with your elbow and the refrigerator will open.

### **WATER JUG :**

In order to save opening your freezer so often, an attractive plastic water jug is supplied with your refrigerator. Always keep this full of chilled water in the refrigerator compartment.



# Refrigerator - Freezer Combination . . .

## PROPER STORAGE OF FOOD

FOOD	WHERE	HOW
Frozen foods Foods for freezing	Freezer	Wrapped carefully in moisture-proof material or package.
Ice Cubes	Freezer	In trays provided.
Commercial frozen vegetable packages	In Freezer	Will keep safely and in a handy location.
Ice Cream	Freezer	In cartons or packages.
Frozen Juices	Freezer	Ready for use.
Fresh Meat, Poultry	On Shelves in Food Compartment.	Wrapping removed, stored in a manner to allow free air circulation.
Fish	On Shelves in Food Compartment.	Wrapped in heavy waxed paper or aluminium foil to prevent odours.
Tall Beverage bottles	Door shelf or bottle space in food compart- ment.	With tops on.
Baby bottles	Bottle space in food compartment.	Ready to warm.
Milk bottles	Bottle space in food compartment.	With tops on.
Fruits and Berries	In door shelves, food shelves or crisper. Berries in covered container on shelf.	Fruits with strong odours should be wrapped or covered.
Vegetables	In vegetable crisper	Wash and drain before storing.
Bacon	Well wrapped on shelf in food compartment.	For prime freshness use within a week.
Butter	On top shelf of food compartment or butter rack in door.	Enough for daily use in Butter Keeper.
Eggs	In egg nest in door shelf.	Extra eggs should be on shelf in container in food compartment.
Leftovers	On shelves	For short storage may be uncovered—longer storage, or if with strong odours or delicate flavours use covered dish.



# *Freezing Instructions*

## *For De Luxe Refrigerator- Freezer Combination . . .*

### **QUICK FREEZING :**

The quickest freezing takes place between the freezer shelves, and if possible unfrozen food should be stored there until frozen, when it can be transferred to the bottom of the compartment.

### **SELECT FOOD CAREFULLY :**

1. Select only high quality food at the peak of its freshness for freezing.

2. Foods properly ripened for the table usually will be just right for freezing.

3. To maintain garden freshness in fruits and vegetables, time is an important element. A good standard is two hours from the garden to freezer.

4. The fresher the fruits and vegetables, the better their flavour and vitamin content.

5. Buy fruits and vegetables in season, in quantity for greater savings.

### **FREEZER PACKAGING :**

1. Moisture-proof and vapour-proof packaging materials and containers guard the food in your freezer against loss of flavour, colour and texture and keep the food from dehydrating.

2. In selecting materials for packaging foods for the freezer, you will need both wrapping material and containers. Select the materials that best suit your need and are available in your area.

3. Meat, poultry, fish, cake, pies and other irregular-shaped foods should be wrapped in as tight-fitting packages as possible. Wrapping materials rather than containers are best for this purpose.

4. In stacking items, such as pork chops, pie crusts, etc., place suitable wrapping material between each layer to prevent sticking together.

### **WRAPPING MATERIALS :**

#### **Aluminium Foil**

1. Aluminium Foil—easy to use as it can be molded around the food and does not require taping or sealing. The best thickness to buy is .0015 gauge. It requires no over-wrapping, but stockinette may be used as a protective measure since foil will puncture in handling.



## **Cellophane**

2. Cellophane—only moisture-proof and vapour-proof Cellophane should be used. Heat-seal to close. An over-wrap of stockinette will prevent Cellophane from puncturing. Cellophane may be purchased in rolls or bags of assorted sizes. Cellophane should be soft and pliable. If it becomes brittle with age and heat, place in the refrigerator for forty-eight hours to regain pliability.

## **Pliofilm**

3. Pliofilm is a transparent, flexible plastic substance similar to Cellophane. In bag form it may be shrunk to become form fitting by immersing filled bag in near boiling water. This forces out air. The bag opening is then closed by twisting and tying.

## **Polythene**

4. Polythene is a plastic film that will stand more handling than either Cellophane or Pliofilm (gauge .0015 or .002 is recommended). It is one of the best and these bags are procurable in various sizes and shapes from local supply houses or Department Stores

## **Laminated and Wax Papers**

5. Laminated and Waxed Papers—the average types give only moderate protection from oxygen and loss of moisture. They are not recommended for home freezer use except for very short periods of storage.

## **DEFROSTING THE FREEZER :**

The freezer chest needs very little attention. Whenever the frost accumulates on the interior of the freezer chest to the thickness of a lead pencil ( $\frac{1}{4}$  in.), it is time to defrost :—

## **JUST FOLLOW THESE STEPS :**

1. Turn off refrigerator and remove the frozen food and ice cube trays from the freezer chest. Wrap the frozen food in several thicknesses of newspaper or place in a cardboard carton to prevent condensation from forming on packages.

2. With the special scraper furnished with your refrigerator remove the frost from the interior surface of the freezer chest. Caution : **Do not use a metal scraper as it will damage the surface of the freezer.**

3. Turn on refrigerator, return the frozen food to the freezer chest. Clean and refill the ice cube trays.



# Freezing

## PREPARATION FOR VEGETABLES



### VEGETABLE FREEZING

The following method applies to all vegetables with the exception of corn, asparagus and spinach. See specific instructions for these vegetables.

#### Prepare

1. Select fresh, young, tender vegetables of recommended variety. Wash well in cold running water.

#### Blanch

2. Boiling Water Method : Place vegetables in a long handled wire basket or colander. Scald by immersing in rapidly boiling water, using at least one gallon of water per pound of vegetables. Begin counting the time from when water again comes to a rolling boil after the basket of vegetables has been put in. Lift and immerse two or three times during blanching to insure uniform action. Time accurately and cool immediately. (Refer to time chart.)

#### Cool

3. Immerse wire basket or colander in cold running water just long enough to chill the vegetables—usually a minute or two is sufficient. Avoid prolonged soaking.

#### Package

4. Pour vegetables into bag or container. Close and seal by twisting and tying. Packages are sealed by heat, with tape, or a grocer-fold. Directions for defrosting and cooking frozen vegetables are given in the following pages.

#### Freeze

5. Place packages in freezer as soon as possible.





# VEGETABLE

## FREEZING CHART

VEGETABLE	MATURITY DESIRED BLANCHING TIME	HOW TO PREPARE
Asparagus	Tender Tips best Small stalks : 3 min. Large stalks : 4 min.	Cut spears into lengths to fit container or into bite size pieces.
Beans, snap or stringless, pole	Small beans best : 2 min.	Snip, then cut into $\frac{3}{4}$ in. lengths.
Beets	Young and tender $3\frac{1}{2}$ minutes Cook until tender	Cut off tops; mature beets should be cooked, then rub off peels, slice.
Brussels Sprouts	Dark green compact heads 4 minutes	Cut sprouts from main stem.
Carrots	Young and small 3 minutes	Top, scrape, then cut into $\frac{1}{4}$ in. slices, crosswise.
Cauliflower	Solid heads Small pieces : 3 min. Medium pieces : 4 min.	Cut head into pieces not thicker than 1 in.
Mushrooms	Small size with white tight caps Small size : 3 min. Large size : 4 to $5\frac{1}{2}$ min.	Cut off base of stems.
New Zealand Spinach	Young 1 min. 10 seconds	Cut off and discard main stem.
Peas	Sweet and not starchy Small peas : 45 seconds Large peas : 1 minute	Shell, discard hard starchy peas.
Rhubarb	Early spring best 1 min. 30 seconds	Eliminate leaves; cut into 1 in. lengths.
Sweet Corn on cob	Before starchiness develops Small ears : $6\frac{1}{2}$ min. Medium ears : $8\frac{1}{2}$ min. Large ears : $10\frac{1}{2}$ min.	Husk, eliminate under and over mature ears.
Turnips	Young and tender 1 min. 10 seconds	Cut off tops, peel, dice in $\frac{1}{2}$ in. cubes.



# *freezing*

## PREPARATION FOR FRUITS



### **PACKAGING**

The same packaging is used for fruits as for vegetables.

The methods of preparation for fruits are much the same as vegetables except most fruits are not blanched—they are packed with sugar or syrup. Most fruits should be covered with a sugar syrup. However, the most juicy ones are better when mixed with dry sugar. A few exceptions to the rule may be packed dry. The charts on the following pages will tell you the best procedure to follow for each fruit.

#### **Sugar Syrup for Freezing**

1. Keep some syrup on hand by preparing it in advance, cooling and storing in your refrigerator.

Dissolve the sugar in the boiling water.

#### **Dry Sugar Pack**

2. Four pounds of fruit to one pound of sugar is a satisfactory proportion. Place sugar and berries in a pan. Turn over several times gently so that each berry will be coated with sugar. Fill containers almost to the top.

#### **Some Fruits are Scalded**

3. Peaches and apricots may be blanched to make it easier to remove the skins. Place the fruit in a wire basket, immerse in boiling water for one minute, then place in cold water. This makes it easier to remove skins.



## To Prevent Fruit Browning

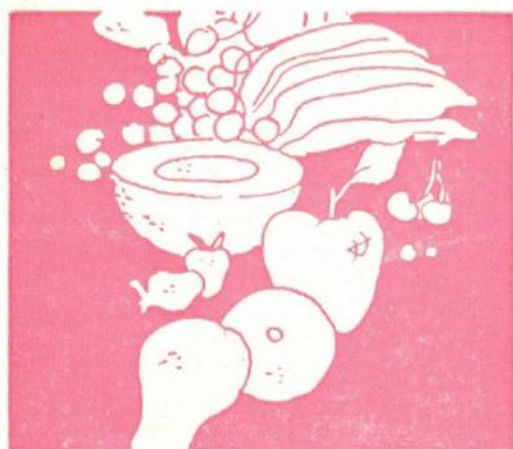
4. When peaches, apples, plums, apricots, pears and cherries are cut and exposed to the air, the cut surfaces will become very discoloured if allowed to stand for any length of time. Since discolouration not only affects the attractive appearance of fruit, but changes the flavour as well, you may find it advisable to treat the above-named fruits with ascorbic acid. Ascorbic acid is another name for vitamin C; it can be purchased from chemists in powdered form. It certainly will prevent discolouration of any cut fruit you freeze—the only sure way that has been found up to now of doing this. The ascorbic acid is added to the syrup before it is poured over the fruit in the freezing containers. Use 1 teaspoon of ascorbic acid powder to 4 cups of prepared syrup, this amount being sufficient to treat about 12 pint packages of fruit.

Follow the Fruit Freezing Charts on the following pages for specific instructions for each fruit to be frozen. Directions for defrosting and cooking frozen fruits are also given.

**SYRUP CHART**

Percentage	Granulated Sugar (in cups)	Boiling Water (in cup)
20	1	4
30	2	4
40	3	4
50	4	4
60	6	4
65	6 $\frac{3}{4}$	4





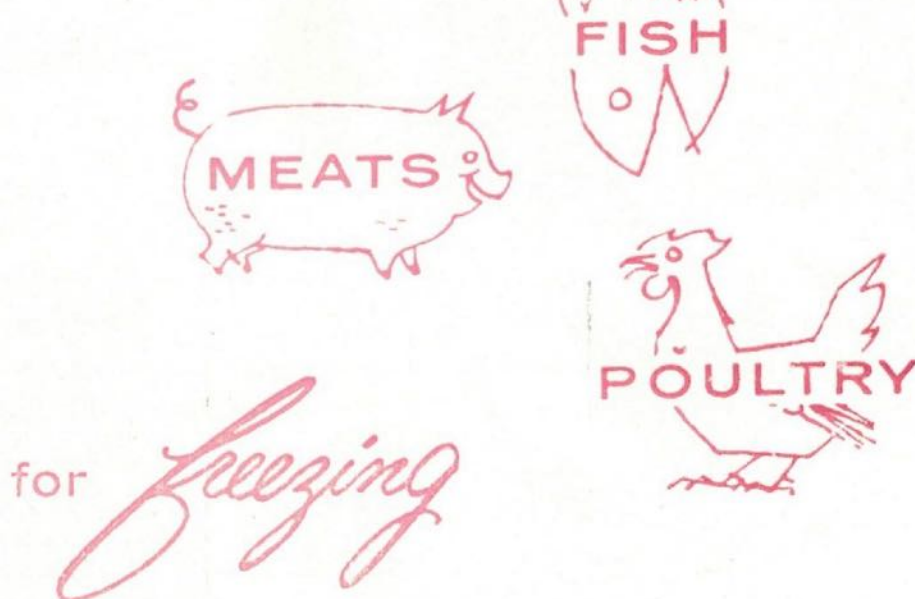
# FRUIT

## FREEZING CHART

FRUIT	METHOD OF PREPARATION	TYPE OF PACK
Apples (pie)	Peel, slice in 12ths, blanch in boiling water.	Dry pack (no sugar or syrup).
Apricots	Wash, cut in halves, pit.	Cover with 60 or 70% syrup.
Blackberries Dewberries Loganberries Boysenberries Raspberries	Clean, wash, eliminate red and green berries (Blackberries that are firm to the touch are too immature for eating raw).	Cover with 50 to 65% syrup or dry sugar pack. 4 or 5lbs. of berries to 1lb. of sugar.
Cherries, sweet	Wash, stem, pit.	Cover with 65% syrup.
Currants	Wash, stem, crush slightly if packed with sugar.	4lbs. berries to 1lb. sugar or dry pack (no sugar).
Gooseberries	Wash, stem, crush slightly if packed with sugar.	4lb.s berries to 1lb. sugar or dry pack (no sugar).
Grapes	Wash and stem.	Cover with 50% sugar syrup.
Peaches (halves)	Scald, chill.	Cover with 60 or 70% syrup.
Pineapples	Peel, remove core, slice or dice.	Cover with 60 or 50% sugar syrup.
Plums and Prunes	Wash, pit, quarter.	Cover immediately with 60 or 70% sugar syrup.
Strawberries (sliced)	Wash, hull, cut in slices, one quarter inch thick.	4 to 5lbs. of berries to 1lb. of sugar.
Strawberries (whole)	Wash, freeze without removing hull or cap.	No sugar or syrup necessary.



## PREPARATION



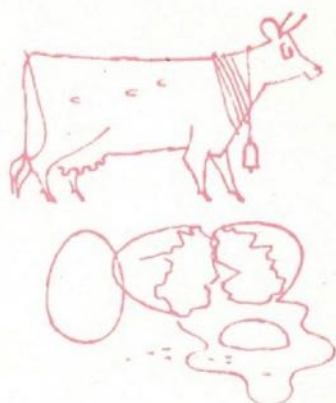
## GENERAL INFORMATION

1. Select top quality meats.
2. All meats must be properly chilled before being packaged and placed in the freezer.
3. Individual requirements will determine size of cuts.
4. Freshly killed veal, poultry, and game should be hung for not more than twenty-four hours before freezing. Beef, lamb and mutton may be aged longer—from one to two weeks if held at temperatures not above 38 deg.
5. The more pieces boned, the less space they will take in the freezer.
6. Poultry should be prepared so that it will be all ready to cook when you want to use it. Chicken may be frozen whole or in pieces depending on the way it is to be cooked.
7. Other poultry and game, except rabbit which is usually cut up, are generally frozen whole.
8. Giblets may be wrapped in parchment paper and placed inside the poultry or wrapped separately.



## FREEZING

# *dairy products*



### **Butter**

Wrap butter in a good packaging material.

### **Cheese**

Cut cheese into slices or wedges that can be used within a day or two after removing from the freezer. Wrap closely in good packaging material.

### **Ice Cream**

Pack tightly into moisture and vapour-proof cartons, seal and freeze promptly if required for long-time storage.

### **Cottage Cheese**

The curd should be washed, lightly salted and not creamed. Prior to freezing, store in freezer container. When ready to use, thaw, cream and salt to desired taste.

### **Cream**

Heavy cream containing not less than 40% butter fat may be frozen. It requires the addition of 10% of sugar, by weight. Allow generously for expansion in jar or container. Thin cream does not freeze well.

### **Eggs**

Eggs should be broken for freezing. The yolks and white may be frozen separately or mixed. Egg whites need no treatment before freezing.

Egg yolks whether packaged separately or with the whites, require the addition of one tablespoon of honey or sugar syrup to each two cups of yolks. Blend well, using a fork, but do not beat.

Package eggs for freezing in waterproof airtight containers. Small jars with tight-fitting lids are useful. Leave  $\frac{1}{2}$  to 1 in. at top of jar for expansion. It is desirable to package the right quantities for use in various recipes. Label as to contents.

Frozen eggs may be thawed in a refrigerator or at room temperature. If the container is watertight, and speed is desired, thaw under cold running water. Use immediately after thawing. Do not store or refreeze.





## **FREEZING PREPARED FOODS**

### **Baked Beans**

Prepare a large quantity. Cool and pack in moisture and vapour-proof containers of the size to provide the needed quantity for a meal.

### **Soups**

Extra quantities prepared from your favourite recipes can be frozen. If milk is part of the recipe, omit until re-heated for serving.

**To Serve :** Remove the soup from the container without defrosting, place in top of double-boiler and stir occasionally to heat evenly.

### **Left Overs**

Instead of serving left overs at the next meal, freeze and serve when they are again a treat. Cool and freeze as quickly as possible. Glass freezer jars are particularly good for left overs because they are easily cleaned and may be used over and over.

### **Pies**

Prepare the pies, use good wrapping material and seal tightly. Freeze. That is all there is to it !

**To Serve :** Remove the wrapping. Place the frozen pie in the oven and bake the same as freshly made pie. In general, bake 8 in. pies at 400 deg. F. 45 to 50 minutes, and 9 in. pies 50 to 60 minutes.



## **Luncheon Dishes and Entrees**

Such dishes as chicken a la king, creamed fish, stews, etc., may be cooked, cooled and packaged, then placed in the freezer for future use.

**To Serve :** Remove from container without defrosting. Since they scorch easily, use a double boiler for heating.

## **Yeast Rolls and Bread**

Freeze your weekend or holiday supply of bread or rolls in the freezer section. Bread for freezing must be as fresh as possible and when thawed at room temperature is hardly discernible from fresh, even though it has been frozen for some weeks.

## **Cakes**

Bake cakes before freezing. Cool and package in moisture and vapour-proof wrapping. Do not frost cake before freezing. Since cakes do not freeze solid, place them in a heavy carton.

**To Serve :** Thaw baked cakes in the wrapper. A large cake will thaw in two hours at room temperature.

Baked cup cakes are frozen the same as cakes.

## **Cookies**

Cookies may be frozen baked or unbaked. Freezing the dough shaped in a roll is the simplest way.

**To Serve :** Remove from the freezer and slice. Place on a greased cookie sheet and bake in usual manner.

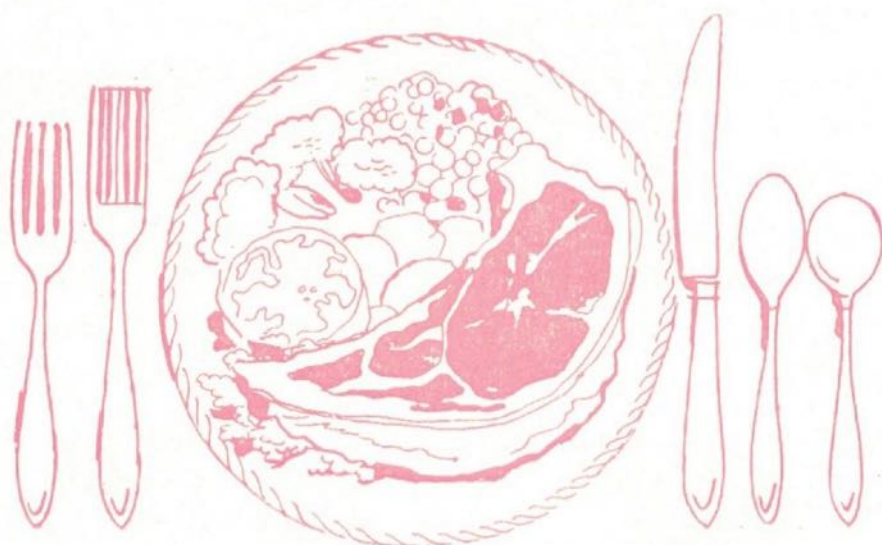
**Note :** Cookies may be sliced before freezing and put in layers in a frozen food container, separating each layer with two sheets of waxed paper.

Pack drop cookie dough in frozen food containers and when ready to bake, thaw dough until soft enough to drop by spoonfuls on to greased cookie sheet.

## **Sandwiches**

Delicious lunches may be packed and frozen to take care of many weeks' needs. Wrap the various items in frozen food wrappings and then pack into a carton or container. The lunch will thaw in three to four hours and be ready for eating.





## **PREPARATION OF FROZEN FOODS FOR SERVING . . .**

### **Defrosting**

Frozen fruits that are to be used uncooked may be served partially or completely thawed, depending on your preference.

### **Method of Thawing**

In food compartment—overnight.

At room temperature—3 to 4 hours.

For quick thawing—place container in a pan of cool water for 45 minutes. Use fruit as soon as possible after opening.

### **Cooking**

If frozen fruit is to be used for jam, preserves, or jelly, thaw before cooking. Fruit for pies should be thawed enough so that the juice may be drained off before the pastry is filled. The juice should be thickened before pouring over the fruit in the pastry. When sweetening, allow for the sugar added in freezing. A little more thickening is required than when fresh fruit is used.



## **Vegetables**

Do not thaw vegetables—cooking should start while the vegetable is frozen with the exception of corn on the cob, which should be thawed.

**Cooking Time for Vegetables :** Care must be taken to avoid overcooking frozen vegetables as most of them have been partially cooked in preparation for freezing. Beets, pumpkins, winter squash and sweet potatoes have been fully cooked and require only heating.

Frozen vegetables require about one-half the usual time for fresh vegetables.

Corn on the cob should be completely thawed, placed in cold water, and brought to boil. Serve immediately.

## **Meats**

Meats may be cooked before defrosting, or when completely thawed. There will be no difference in the flavour. Thin steaks, chops and cutlets are often cooked without previous thawing, but thick steaks and roasts and ground meat should be completely thawed to save time in cooking.

## **Thawing**

Meat should be thawed in the original package and should be used as soon as possible.

## **All Poultry**

All poultry except that for fricasse should be at least partially thawed. Complete defrosting is preferred for roasting.

**Cooking :** Exactly as fresh poultry.

## **Fish**

Fish should be thawed completely and moisture wiped off before cooking. It should be thawed in the food compartment. Cook fish while cold to avoid spoilage.

**Cooking :** Cook same as fresh fish.



# RECIPES

To help you get the greatest possible benefit and pleasure from your refrigerator, we offer the recipes on the following pages. Incidentally, freezing is accomplished in the Evaporator of the De Luxe Refrigerator models, or in the Freezer Chest of the De Luxe Refrigerator-Freezer Combination models.

## RULES FOR MAKING FROZEN DESSERTS

1. Measure all ingredients carefully, especially when measuring sugar, as too much sugar will actually lower the temperature at which a mixture will freeze.
2. Do not use cream which is too rich in butterfat; 28 to 30 per cent. is sufficiently heavy.
3. Do not whip cream too stiff; whip only until it is fluffy, and at the same time thin enough to pour from the bowl.
4. Egg whites should be beaten until quite stiff; until they hold a peak and are on the verge of dryness.
5. All fruits, nut meats, meats and vegetables must be cut in very fine pieces, crushed or pressed through a sieve.
6. Drain all fruits thoroughly, as excess moisture will cause long ice crystals to form.
7. Mixtures should be thoroughly chilled and of the same temperature when folded together; this is especially true when whipped cream is one of the ingredients.
8. Mixtures should be as near the same consistency as possible when folded together.
9. Air is incorporated to ensure a fine texture, so be sure to fold gently when combining mixtures.
  - (a) In the quick freezing tray, desserts should not be stirred after egg whites or whipped cream have been added.
  - (b) In making sherbets and ices, freeze the fruit syrup to a heavy mush, whip and fold in egg whites. Complete freezing without stirring.
10. If no cooking is to take place, always use powdered sugar. Granulated sugar may be used in recipes requiring cooking.
11. The more rapidly a mixture is frozen the smoother will be the texture. Therefore, always set the control to the coldest position for about ten minutes before putting the mixture into the evaporator. Always use an aluminium tray and place it on the bottom shelf of the evaporator, which is the coldest part.



# Salads

## VEGETABLE SALAD (Combination)

Arrange the salad on a large platter covered with small crisp lettuce leaves (spinach or watercress may be used). Select as many small uniform tomatoes as there are people to be served. Remove a portion of the stem end from each tomato and arrange them in a group in the centre of the platter. Place a border of cooked peas or green beans around the tomatoes and an overlapping row of alternate slices of peeled raw cucumber and carrots around the peas. Arrange radish roses as the final border. These are made by cutting petal-like slices, starting at the root end and cutting down three-quarters the length of the radish. Place in iced water until petals are formed. Fill the centres of the tomatoes with mayonnaise or cottage cheese. Insert a bouquet of green onions in the midst of the tomatoes. Serve with French dressing accompanying the salad. The vegetables may be varied to suit the taste or utilise the supply at hand. Cooked beets may be used for the centre and shredded cabbage, pickled onions, cooked cauliflower, slices of celery ears may act as the border.

## JELLIED ASPARAGUS SALAD

- 1 bunch cooked asparagus
- 2 sticks celery
- $\frac{1}{2}$  oz. gelatin
- $\frac{1}{4}$  cup lemon juice
- 1 teaspoon onion juice
- 1 teaspoon salt
- $\frac{1}{4}$  cup cold water
- $\frac{3}{4}$  cup boiling water
- Pinch pepper

Soak the gelatin in cold water for 10 minutes. Stir in the boiling water gradually and stir until the gelatin dissolves. Add the seasonings and lemon juice. Line some individual moulds with asparagus tips. Dice the remainder of asparagus and celery and add the vegetables to the gelatin mixture. Place to one side until cool and thickening. Pour into the moulds and chill. Unmould on to lettuce leaves and serve with mayonnaise.

## CUCUMBER NESTS

Use young apple cucumbers. Peel, cut in halves and scoop out centre. Fill centre with salmon mayonnaise or chopped hard-boiled egg, or cold cooked fish and chopped parsley. Lay on green salad on individual plates. Put a ring of grated carrot round, and decorate with slices of beetroot and tomato. Serve with good dressing. Cooked peas and mayonnaise sprinkled with finely chopped mint is a good filling. Small ordinary cucumbers may be used cut lengthwise.

## GINGER ALE FRUIT SALAD

- 1 tablespoon gelatine
- Quarter cup cold water
- 2 tablespoons lemon juice
- Two-thirds cup ginger ale
- Sugar if desired
- 1 cup mixed diced fruits
- Lettuce
- Cream mayonnaise dressing

### Popular Fruit Combinations :

- (1) One third cup apples, diced; quarter cup pineapple; quarter cup seedless or halved grapes or cherries; 1 tablespoon preserved ginger.
- (2) Two-thirds cup pineapple juice instead of ginger ale; half-cup diced or crushed pineapple and half cup drained chopped cucumber.

**N.B.**—If fresh pineapple is used it must be heated to boiling point before it will combine with gelatine. Canned pineapple need not be heated.

Stir gelatine into cold water in top of double boiler and dissolve over hot water. Add lemon juice and ginger ale and sugar if desired. Set double boiler in cold water until the mixture is of a consistency of unbeaten egg white. Stir in diced fruit, pour into moulds and chill in refrigerator until firm. Unmould on a bed of lettuce and garnish with cream mayonnaise and grated walnut.

For Mayonnaise, see Recipe below :—

To make Cream Mayonnaise, add quarter cup of heavy whipped cream per cup of prepared mayonnaise.

**N.B.**—Without the lettuce and mayonnaise, this recipe makes a delightful summer dessert when served with whipped cream and nuts.



### MAYONNAISE

- 1 tablespoon sugar
- 1 teaspoon salt
- 1 teaspoon mustard
- 1 egg
- 2 cups oil (peanut, soya bean, olive)
- 3 tablespoons vinegar
- 1 tablespoon lemon

Mix together the mustard, egg, sugar, salt; add oil slowly; beat continuously until thickened. Add lemon and vinegar (if lemons out, use 4 tablespoons vinegar), stir until thoroughly mixed. This may be kept in a covered jar in your refrigerator until you are ready to use it.

### TOMATO ASPIC

- 2 tablespoons gelatine
- Quarter cup boiling water
- Quarter cup cold water
- Half teaspoon celery seed
- 1 tablespoon salt
- 2 tablespoons lemon juice
- 1 tablespoon chopped onions
- 4 cups tomatoes
- 2 or 3 cloves
- 1 tablespoon sugar

Soak gelatine in cold water and dissolve in boiling water. Cook the tomatoes, onion, celery seed, cloves, salt and sugar for 15 minutes. Strain through fine strainer or cheese cloth; add lemon juice and dissolved gelatine. This may be moulded at once or kept in covered jar in refrigerator until needed. To use, take out what is wanted and melt over hot water.

### TOMATO CHEESE SALAD

Fill individual moulds one-third full with tomato aspic and place in refrigerator until partly set. Soften cream cheese with a little top milk and season with a little salt and pepper. Form this into balls and roll in chopped nuts. Place a cheese ball in each mould and add a tablespoon of cold liquid aspic. When set, cover balls entirely with aspic and replace in refrigerator. To serve, remove from mould into lettuce leaves and serve with any dressing desired.

### TOMATO CELERY SALAD

Fold into two cups of tomato aspic, which has been allowed to cool and thicken slightly, one cup chopped celery; quarter cup finely chopped green peppers and quarter cup chopped olives. Turn into moulds and chill. Serve on lettuce with mayonnaise dressing.

### TOMATO SANDWICH SALAD

Fill shallow loaf pan one-third full with tomato aspic in the refrigerator. Soak one tablespoon gelatine in two tablespoons cold water and dissolve over boiling water. Add 1 cup mayonnaise and mix well. Spread this over firm layer of tomato in the pan and replace in refrigerator. When this has set, cover with another layer of tomato aspic and place in cabinet until ready to serve. Unmould on a chop plate and surround with small heart leaves of lettuce. Slice or cut into squares for serving. This dish, enough for 8 to 10 persons, may be prepared in individual moulds if necessary.

Variation: Add half-cup mayonnaise, 1 cup cottage cheese and season with grated onions.

### BETROOT MOULD

- 1½ dessertspoons gelatine
- $\frac{3}{4}$  cup vinegar
- 2 average-sized beets, cooked
- 1 cup ( $\frac{1}{2}$  pint) hot water
- Pepper, salt, sugar to taste

Peel and slice beetroot. Dissolve gelatine in hot water. Add sugar, salt, pepper and vinegar. Leave to thicken slightly, then pour over beetroot. Serve garnished with shredded lettuce and slices of tomato. Serve with mayonnaise dressing. If liked, more vinegar and less water in proportion may be used in this recipe.

## Salad Dressings

### FRENCH DRESSING

- 1/3 cup mild vinegar or  $\frac{1}{4}$  cup lemon juice
- 1 teaspoon sugar
- 1 cup olive or salad oil
- 1 teaspoon salt
- $\frac{1}{8}$  teaspoon pepper
- $\frac{1}{4}$  teaspoon paprika

Mix vinegar, oil, salt, pepper, sugar and paprika together and beat thoroughly. Turn into tightly covered jar and keep in refrigerator cabinet. Shake well before serving.



### COOKED SALAD DRESSING

- 1 teaspoon mustard
- 1 teaspoon salt
- 1 teaspoon sugar
- 2 tablespoon flour
- $\frac{1}{8}$  teaspoon paprika
- 1 egg
- $\frac{3}{4}$  cup milk
- $\frac{1}{4}$  cup vinegar
- 1 tablespoon butter

Mix mustard, salt, sugar, flour and paprika together. Add well-beaten egg and mix until smooth. Add milk and vinegar and cook over hot water until thick, stirring constantly. Remove from fire, add butter and cool.

## Fish

### SOUSED FILLETS

- 1 lb. fish fillets
- Lemon
- 1 onion
- Few herbs
- Salt
- $\frac{3}{4}$  cup vinegar
- 1 oz. shortening

Wash and dry the fish. Rub well with lemon. Cut into neat pieces and place in greased oven-proof dish. Cover with thinly sliced onion, salt, pepper and herbs. Pour over vinegar. Dot with pieces of shortening. Cover with sheet of greased paper and bake in a moderate oven for 45 minutes. Serve cold with salad.

### FISH LOAF

- 2 cups canned or cold cooked fish
- 1 cup soft breadcrumbs
- 1 tablespoon parsley
- 2 eggs
- $\frac{1}{4}$  cup melted shortening
- Salt and pepper

Flake the fish, removing any skin and bone. Place into a basin, add the breadcrumbs, salt, pepper and chopped parsley. Melt the shortening and add to the beaten egg. Bind the fish mixture with the liquid. Place in a greased loaf tin and bake in a moderate oven, temperature 350 deg. F. gas, 425 deg. F. electric, from 40 to 50 minutes. Serve hot with vegetables and brown gravy or slice and serve cold with salad vegetables.

### FISH CHARLOTTE

- $\frac{3}{4}$ -1 lb. smoked fillets of fish
- $\frac{1}{2}$  pint milk or milk and water
- 2 breakfastcups fine breadcrumbs
- 1 teaspoon cornflour
- 1 tablespoon water
- 2 ozs. chopped suet
- 1 tablespoon freshly chopped parsley

Cook the well-washed fillets in the milk, adding a little pepper if desired. Remove and flake the fish. Bring the stock to the boil and stir in the cornflour, blended with the water. Add enough to the flaked fish just to make it moist. Mix the crumbs, suet and parsley together and line a deep pie dish with some of the mixture. Fill with the fish and cover with the remaining crumb mixture. Press it gently. Brown well by baking for 35-40 minutes in a fairly hot oven. Serve with remaining sauce made from stock and cornflour.

### FISH DELIGHT

- 1 lb. cooked white fish
- 2 eggs
- 2 oz. shrimps
- 1 tablespoon mayonnaise
- 1 oz. butter
- Pepper, salt, mustard, lettuce, cucumber

Skin and bone the fish, then flake it. When cool, mix with the mayonnaise. Add the beaten eggs to melted fat, then shrimps and seasoning. Stir together over a gentle heat until the mixture thickens. Leave to cool. Arrange a ring of lettuce on a dish, lay the cold fish inside this, pile egg mixture on top and garnish with cucumber slices.

## Chilled Desserts

### BANANA LIME DESSERT

- 1 packet lime jelly
- 2 cups boiling water
- Sliced ripe bananas
- Strawberries
- Sweetened whipped cream

Dissolve jelly in boiling water. Cool. Place a slice of banana in centre of each individual mould. Add a tablespoon of jelly and chill. When firm, fill moulds with jelly and chill. When it begins to thicken add other slices of banana. Chill until firm. Unmould and garnish with slices of bananas and berries. Serve with sweetened whipped cream. Serves five.



### PINEAPPLE RING

- 1½ dessertspoons gelatine
- 1 pint water
- ½ pint liquid from pineapple
- 1 tin pineapple
- ½ cup sugar
- Marachino cherries
- Yellow colouring

Dissolve gelatine in a little cold water in a cup set in a saucepan of boiling water. Make a syrup of pineapple juice, sugar and water and add to it the dissolved gelatine. Colour if necessary. Pour a little of this on the base of a ring tin and when set arrange pineapple rings and cherries to make an attractive design. Cover with more jelly mixture, place on ice or in refrigerator to set. Follow this method to make a pattern around the sides (this makes a lot of work and is not altogether necessary). Fill ring mould with remains of jelly mixture and some pineapple. When set unmould on to a big plate, garnish with pineapple and serve with whipped cream or ice cream.

### APRICOT FLUFF

Stew enough apricots to make 3 cups fruit and juice. Dissolve ½ oz. gelatine in a little of the juice by heating it slowly. Pass fruit through a sieve and add with sugar to taste. When fluff begins to set, fold in stiffly beaten egg whites (2 eggs) and some blanched chopped almonds. Pour into a wetted mould, chill. Serve with cold custard or cream.

### STRAWBERRY CHANTILLY

Wash, stem and cut in halves 4 cups strawberries. Put into a basin and sprinkle with castor sugar. Pour over 2 tablespoons rum. Chill for about ½ hour. Beat whites of 2 eggs to a stiff froth, add gradually 4 tablespoons castor sugar, beating well with each addition. When firm, fold in chilled strawberries. Pile in individual glasses, top with a slightly sweetened whipped cream.

### BANANA SPONGE

Mash six or eight bananas and whisk into one pint of lemon jelly which is on the point of setting, but not stiff. Dissolve one small dessertspoonful of gelatine in a cup of milk, sweetened to taste, and flavoured with vanilla. Beat this slowly into the banana mixture. If desired, half this mixture may be coloured pink, and the two colours arranged in a glass dish. Chill.

### HONEYCOMB MOULD

- 1½ pints milk
- 2 eggs
- ¾ oz. powdered gelatine
- 1 teaspoon vanilla essence
- 2 ozs. castor sugar
- Pinch salt
- A little warm water

Separate the eggs. Dissolve gelatine in a little warm water. Beat the egg yolks until very light. Pour the milk into the top of a double boiler, stir in the sugar, egg yolks and gelatine. Cook over low heat (water simmering in bottom of double boiler) until the mixture thickens. Remove from heat. Beat egg whites to a stiff froth, adding small pinch salt. Fold the beaten egg whites into the cooled mixture in double saucepan, and gradually add the vanilla essence. Turn into a mould rinsed out with cold water. When cold, turn out carefully into a glass dish. Decorate with a little whipped cream and surround with bottled fruit or seasonable stewed fruit.

### MOCHA CHOCOLATE MOUSSEE

- 1 tin evaporated milk
- 1 oz. cocoa
- 3 tablespoons sugar
- 2 teaspoons gelatine
- 1 tablespoon coffee essence
- Few drops vanilla essence
- 2 tablespoons water

Soften the gelatine in 2 tablespoons cold water. Mix the cocoa with sugar and a little of the milk to a paste. Heat remainder of milk but do not let it boil. Remove from heat and stir in cocoa, softened gelatine and coffee essence. Pour into a basin, add a few drops of vanilla, and whip to the consistency of whipped cream. Pour into well wetted mould and leave to set.



# Drinks

## BEVERAGES :

A small space in your refrigerator will hold all the essentials for a refreshing drink—a bottle of sugar syrup, some fruit, coffee or chocolate syrup, ginger ale and a bottle of grape juice. With these and the ever-ready supply of sparkling ice cubes which your refrigerator supplies, you can do wonders. Coloured ice cubes add interest to plain lemonade. They are made by adding a little pure food colouring to water before filling the ice cubes.

Freeze water to which lemon juice has been added to serve in iced tea. Allow a quarter cup lemon juice to two cups water. Freeze ginger ale in the freezing tray and serve one or two cubes in any fruit beverage. It is particularly good in grape juice. Pour grape juice into tray without partitions and freeze to a mush. A spoonful of this added to lemonade is both colourful and delicious.

### CHOCOLATE MILK SHAKE

- 2 tablespoons chocolate syrup
- 1 tablespoon vanilla or chocolate ice cream
- 1 tablespoon vanilla or chocolate
- 1 cup milk

Shake together until thoroughly mixed and frothy.

### FROSTED COFFEE

- 2 tablespoons coffee syrup
- 1 cup milk
- Vanilla ice cream

Put syrup, milk and a heaped tablespoon of ice cream into shaker, or tightly covered jar, and shake well. Pour into tall glass and serve more ice cream on top if desired. (Use 1 tablespoon syrup if less sweet drink is preferred).

### ICED TEA

- 1 tablespoon tea
- 1 cup boiling water
- $\frac{1}{2}$  cup orange, pineapple or grape juice
- $\frac{1}{4}$  cup lemon juice
- 1 pint ginger ale or soda water
- Lemon slices and mint sprigs to garnish
- Ice cubes

Pour boiling water over the tea and mint and allow to steep for five minutes. Strain, add sugar and stir until dissolved. Chill. Add fruit juices and if desired add additional sugar to taste. Pour over ice cubes in tall glasses and fill. With ginger ale. Garnish with mint sprigs and lemon slices.

## PARTY PUNCH

Boil together for five minutes  $\frac{1}{2}$  cup sugar,  $\frac{3}{4}$  cup water, 6 strips of lemon peel, 12 cloves, 3in. stick cinnamon. Strain and cool. Add 1 cup orange juice, 1 cup of canned unsweetened pineapple juice,  $\frac{1}{2}$  cup lemon juice, 1 bottle claret or burgundy,  $1\frac{1}{2}$  cups soda water. Pour over block of ice in punch bowl. Float orange and lemon slices on top (also a few whole strawberries if available). Makes 2 quarts.

## CITRUSADE

- 2 grapefruit
- 3 large lemons
- Sugar syrup to sweeten
- Slices of lemon to garnish
- 2 or 3 lumps of loaf sugar
- 1 pint boiling water
- Crushed ice, soda water or iced water

Squeeze juice from grapefruit into jug or basin. Carefully peel lemons and place rind in with grapefruit juice. Rub peeled lemons with loaf sugar and add sugar to jug. Squeeze lemon juice and add. Pour boiling water over, allow to cool. Strain, sweeten to taste with sugar syrup and just before serving dilute with crushed ice or soda water. Garnish with slices of lemon.

## SYRUP BASE FOR SUMMER PUNCHES

- 1 cup sugar
- 1 cup water

Put sugar and water into saucepan. Stir over direct heat and boil five minutes. Cool and store in refrigerator for future use.

## LEMONADE

- Two-thirds cup sugar syrup
- $2\frac{1}{2}$  cups water
- Three-quarters cup lemon juice

Combine thoroughly and serve in frosted glasses with chipped flavoured ice or mushed grape juice and soda water previously chilled.

## GRAPEFRUITADE

- Half cup sugar syrup
- 3 tablespoons lemon juice
- $1\frac{1}{2}$  cups orange juice
- One and one-third cups grapefruit juice
- Combine as for lemonade.

## GRAPE-FIZZ

- 2 cups purple or white grape juice
- 2 cups dry ginger ale, chilled

Combine just before serving and add cubes of frozen dry ginger ale or grape juice.



### MINT-ADE

- Half-cup sugar syrup
- 6 stalks fresh mint
- 1 cup water
- 2 tablespoons lemon juice
- 2 cups ginger ale

Remove tips from mint, crush stalks and older leaves in hot syrup. Let stand half an hour. Strain. Add fruit juices and water. Chill. Add ginger ale just before serving and use mint tips as a garnish.

**N.B.**—To give fruit drinks the sensation of coolness pour oil of peppermint into a teaspoon and then back into bottle. The film of peppermint adhering to spoon is enough to impart an alusive coolness to a large jug of drink.

### FRUIT PUNCH

- 1 cup strong tea
- Three-quarters cup orange juice
- One-third cup lemon juice
- 1 cup pineapple juice
- 1 pint ginger ale
- Sugar syrup
- Slices of orange and lemon

Mix fruit juices and tea. Chill in the refrigerator cabinet and just before serving add ginger ale, sugar syrup to taste, and slices of orange and lemon. Serve with ice cubes in each glass.

### PARTY PUNCH FOR A CROWD (Serves 30 to 35)

- 3 cups sugar
- 3 quarts water
- 1 cup strong tea
- 12 lemons : juice
- 1½ pints apple juice
- 1 small can crushed pineapple
- 2 quarts ginger ale
- 12 oranges : juice

Boil sugar and water together for five minutes; add tea, then allow to cool. Add fruit juices and pineapple. Place in refrigerator to mellow for two hours. Before serving add 2 quarts of ginger ale and ice cubes. If serving in a punch bowl, add quarter slices of oranges and lemons and a few mint tips.

### TOM COLLINS COCKTAIL (Serves 1)

- 3 tablespoons lemon or lime juice
- 2 teaspoons sugar
- 2 oz. gin
- Soda water

Mix lemon or lime juice with sugar in a tall glass until sugar dissolved. Add gin and cracked or cubed ice. Fill almost to top with soda water. Stir lightly to mix and garnish with fine slice of lemon or lime.

### FROSTED COFFEE

- 2 tablespoons coffee syrup
- 1 cup milk
- Vanilla ice cream

Put syrup, milk and a heaped tablespoon of ice cream into a shaker or tightly covered jar and shake well. Pour into tall glass and serve with more ice cream. The coffee syrup is made as the sugar syrup but using a strong coffee instead of water and boiling for ten minutes instead of five.

### TOMATO JUICE COCKTAIL

- 4 cups tomatoes
- 1 cup water
- Celery tops
- 1 teaspoon salt
- 2 teaspoons lemon juice
- Half-teaspoon pepper, or less
- 1 tablespoon sugar
- 4 or 5 cloves
- Quarter teaspoon Worcestershire sauce

Combine all ingredients except the lemon juice and boil slowly for 20 minutes. Press through a sieve, forcing through as much pulp as possible. Add lemon juice and chill thoroughly. Serve very cold.

This may be kept in a screw-top jar in your refrigerator for several days.

### PINEAPPLE CUP

- 1 grated pineapple
- 2 cups water
- ½ cup orange juice
- Pulp of 2 passionfruit (or more if readily available)
- 1 cup sugar
- ½ cup lemon juice
- 1 bottle ginger ale
- Crushed ice
- Cherries to garnish (or thin lemon slices)

Grate pineapple and bring to boil with sugar and water. Simmer 10 minutes. Add lemon and orange juice. Chill. Just before serving, dilute with ginger ale, add passionfruit pulp and crushed ice, and garnish each glass with cherries or lemon slices.

### MILK FRUIT DRINKS

#### Orange Milk

- 1 cup milk
- 3 tablespoons sugar
- 2 cups orange juice
- Pinch of salt

Mix all the ingredients well together. Shake vigorously before serving.



### **Pineapple Milk**

- 2 cups milk
- 1 cup pineapple juice
- 1/3 cup lemon juice
- 2 tablespoons sugar
- Pinch of salt

Mix all the ingredients well together. Beat with a rotary beater or shake well. Serve in tall glasses.

### **Tomato Milk Cocktail**

- 1 cup milk
- 2 cups tomato juice
- Pinch of salt
- Little pepper
- Juice 1 lemon
- 1 dessertspoon sugar

Mix all well together. Beat with rotary beater. Serve at once. Quantities sufficient to fill 3 glasses.

## **Ice Cream**

### **DOMINION ICE CREAM**

- 1 1/4 cups top milk
- 2 eggs
- 1 1/2 cups sugar
- 1 tablespoon flour
- 1/8 teaspoon salt
- 2 teaspoons vanilla
- 1/2 pint (one cup) cream or evaporated milk

Scald milk. Beat egg yolks, adding sugar and flour. Combine with hot milk and cook on low heat until mixture coats a spoon, like a thin custard. Cool. Beat egg whites until stiff. Add salt and fold into custard, add vanilla. Pour into tray of chilling unit and freeze to mush. Remove from refrigerator, fold in whipped cream or evaporated milk and freeze 2 to 3 hours.

### **COFFEE ICE CREAM**

Use recipe for Dominion Ice Cream, scalding 1 1/2 tablespoons finely ground coffee with milk, then straining the liquid through several thicknesses of cheese-cloth.

### **FRESH PEACH ICE CREAM**

- 2 cups peach pulp
- 1/4 cup sugar
- Juice of 1 lemon
- Pinch of salt
- 1/2 pint cream
- 2 whole eggs
- 2 tablespoons sugar
- 1/2 teaspoon almond flavouring

Select soft peaches. Mash thoroughly. Add sugar and lemon juice and dissolve. When thoroughly dissolved, pour into tray and freeze 45 minutes to 1 hour. Beat egg whites, adding the sugar — then add egg yolks and mix. Whip cream to a thick custard consistency (do not overwhip). Combine with the beaten eggs. Add frozen peach pulp and mix lightly. Return to chilling unit and freeze 2 to 2 1/2 hours.

### **VANILLA CUSTARD CREAM**

- 1 cup milk
- 1 cup sugar
- 1 tablespoon cornflour
- 1 cup cream
- 2 egg yolks
- 2 egg whites
- Pinch of salt
- 1 teaspoon vanilla

Mix the sugar and cornflour and blend with the warmed milk. Place in top of a double saucepan and cook over boiling water for 10 minutes. Cool slightly, add the egg yolks, and cook a further 5 minutes, stirring well. Allow to cool, add the slightly beaten cream, vanilla and stiffly beaten egg whites. Pour into refrigerator trays and freeze.

### **Variations**

**Chocolate Custard Creams:** Add 1 oz. unsweetened chocolate before adding the egg whites.

**Caramel Custard Cream:** Caramelize 1 oz. loaf sugar and add to the milk before making the custard.

**Fruit Custard Cream:** Add 2 tablespoons of fruit pulp just before freezing.

**Coffee Custard Cream:** Add 1 dessertspoon coffee essence.



### JELLY ICE CREAM

**Economical and Simple to Make,  
but Delicious**

Half packet jelly crystals—wild cherry is very nice, but any flavour may be used.  
Three-quarters cup whipped cream  
Three-quarters cup boiling water  
Quarter cup condensed milk

Dissolve jelly crystals in boiling water; allow to cool thoroughly or curdling will occur; add condensed milk and beat well. Pour into tray and chill to soft jelly. Beat well to a thick foam and fold in three-quarters cup of whipped cream. Return to tray and freeze to desired firmness.

### GINGER, NUT AND DATE ICE CREAM

4 ozs. marshmallows  
1 cup milk  
Half-cup chopped dates  
Half-cup chopped nuts  
Half-teaspoon vanilla essence  
1 cup cream (whipped)  
1½ tablespoons chopped preserved ginger

Heat marshmallows with milk in top of double boiler until melted. Remove from heat and add finely chopped nuts, dates and ginger and vanilla. Stir well until dates are almost dissolved. Allow to set slightly then fold in whipped cream. Pour into tray and allow to set in refrigerator to a stiff mush. Take out, beat well to increase volume, and prevent fruit sinking, then return to trays to freeze.

## Frozen Desserts

### LEMON CREAM SHERBERT

1 pint milk  
1 cup sugar  
Grated rind of 1 lemon  
½ pint cream  
Juice of 2 lemons  
2 egg whites  
2 tablespoons sugar

Add sugar to milk and allow to dissolve. When thoroughly dissolved add lemon rind and juice. Stir while adding lemon juice. Turn into freezer tray and freeze 45 minutes to 1 hour. Beat egg whites, adding the 2 tablespoons sugar. Whip the cream to a thick custard consistency. Combine with the beaten egg whites. Add frozen mixture and mix lightly. Return to freezing unit and freeze 2 to 2½ hours (requires no stirring). Serve garnished with sprig of mint.

### BAKED ALASKA WITH BRAZIL NUTS

1 sponge cake  
1 pint ice cream  
¾ cup sliced Brazil nuts  
3 egg whites  
Salt  
3 tablespoons sugar  
1 teaspoon vanilla

Remove centre from top of cake, leaving a shell at least ¾ in. thick. Fill with ice cream and sprinkle ½ cup sliced nuts over ice cream. Beat egg whites until stiff but not dry; beat in salt, sugar and vanilla gradually. Spread on top of cake and sprinkle with remaining Brazil nuts. Bake in very hot oven (450 deg. F.) until light brown, about 5 minutes. Serve at once.

### FROZEN GINGER CREAM

1 teaspoon gelatine  
1 tablespoon cold water  
1 cup milk  
¼ cup finely chopped preserved ginger  
2 tablespoons ginger syrup  
1/3 cup sugar  
⅛ teaspoon salt  
2 teaspoons vanilla  
1 cup heavy cream (whipped)

Soften gelatine in cold water. Dissolve over hot water and add milk slowly. Add preserved ginger and remaining ingredients except whipped cream. Mix and chill. Beat thoroughly and fold in whipped cream. Freeze in refrigerator tray.

### RHUBARB ICE

4 cups rhubarb  
1½ cups sugar  
¼ teaspoon salt  
1 cup water  
Rind of 1 lemon  
4 tablespoons lemon juice

Wash rhubarb and cut into small pieces. Add sugar, salt, water and lemon rind; cook until rhubarb is tender; press through a sieve, add lemon juice and freeze in refrigerator tray until firm. Scrape up thin layers of the ice with an inverted spoon and beat back and forth in tray until texture is smooth. Serve at once.



## **NORGE Service . . .**

**Please check this list carefully before you call for service. Your NORGE retailer is always ready to assist whenever you call. However, you may save yourself valuable time by making a few simple checks before requiring service . . .**

- Is the plug firmly connected to the power-unit and the latter switched on ?
- Is the Cold Control turned on ?
- Are the house fuses in order ?
- Is the Cold Control set at too warm a position ?
- Is the Cold Control set at too cold a position ?
- Does the refrigerator need defrosting ?
- Is the back of the refrigerator free of obstructions to air circulation ?
- Is the condenser free of dust, fluff, etc. ?
- If you have checked all these points, and still require Service assistance, contact your NORGE retailer.





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